



## Glucosamine and Chondroitin (Woodland Health)

*Rita Elkins MH*

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Medical research indicates that two naturally occurring substances-glucosamine and chondroitin-offer possibly the safest and most effective natural treatments for osteoarthritis and other inflammatory joint disorders. In this important booklet, noted herbalist Rita Elkins, MH, examines the evidence from clinical studies that demonstrates how glucosamine depletion is linked to osteoarthritis and arthritic joints. She also discusses how you can implement a broad-based therapeutic regimen, including a healthy diet, physical exercise, adequate hydration, and other natural treatments that, along with glucosamine and chondroitin supplementation, can go a long way to reducing arthritic pain and healing damaged joints.

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